

MARCH

# NATIONAL NUTRITION

• MONTH •

March is recognized as National Nutrition Month, dedicated to emphasizing the importance of making smart food choices and maintaining a balanced diet. Proper nutrition can improve health, boost energy, and enhance overall quality of life. By focusing on healthy eating habits, you can help prevent illness, support physical and mental well-being, and learn practical ways to nourish yourself and your family.

## Healthy Eating Tips:

- **Stay Hydrated:** Aim for 6 to 8 (or more) glasses of water each day
- **Eat Regularly:** Do not skip meals, especially breakfast
- **Listen to Your Body:** Eat when you are truly hungry, and pay attention to your hunger cues
- **Shop Smart:** Choose whole grains, fruits and vegetables (fresh or frozen), nonfat dairy, and lean meats. Limit high-fat, high-calorie snack foods
- **Build Your Diet on Whole Grains:** Whole grains provide essential vitamins, minerals, fiber, and beneficial plant compounds (e.g., flavonoids found in berries - antioxidants)
- **Enjoy Fruits and Vegetables:** These nutrient-dense foods offer important vitamins (A, C, folate), minerals such as potassium, and phytochemicals that may help prevent disease

## HUSK Wellness

Achieving optimal health and wellness does not have to be complicated or expensive. EMR employees and dependents, regardless of benefits enrollment, have access to HUSK Wellness, including HUSK Nutrition—a virtual health and nutrition service designed to meet individual needs. Work one-on-one with a registered dietitian to create a personalized nutrition plan tailored to your goals, health needs, and lifestyle. Whether you want to improve your eating habits or need expert advice, HUSK offers evidence-based solutions to help you thrive. Learn more at [marketplace.huskwellness.com](https://marketplace.huskwellness.com).

**Note:** Your cost per session will vary based on your insurance coverage. Direct billing (not through insurance) is also available at \$49.99 per session.

## Quick & Healthy Chickpea Salad Recipe!

### Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- 2 tbsp fresh parsley, chopped (optional)

### Instructions:

- In a large bowl, combine chickpeas, tomatoes, cucumber, and red onion.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper, then toss well.
- Sprinkle with parsley if desired. Serve chilled or at room temperature.

Enjoy this protein-packed, fiber-rich salad as a light lunch or side dish!

## Sources

- [Get the Nutrients You Need](#)
- [Healthy Eating Basics](#)

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.